

## ABSTRACT OF THE DISCLOSURE

A monitoring and alert system including a remote central monitoring station which is typically located in the user's home, and a wrist device worn by the person to be monitored. The wrist device and the remote central monitoring system interface over a communication link. Upon the occurrence of predefined conditions namely, the person wearing the wrist device straying from pre-determined geographical boundaries, the remote central monitoring station is operative to transmit a signal in the home so that the concerned person in the home can take necessary action. The wrist device includes a distance display means, a direction locator means, a paging button means, a digital watch display means, an indicator means, and a signal means. The remote central monitoring station includes a distance display means, a set distance means, a paging button means, a digital watch display means, an indicator means, and a signal means.

20

25

30 (#82-230188pt/gkp)